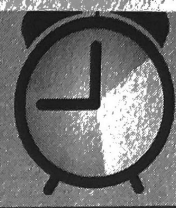
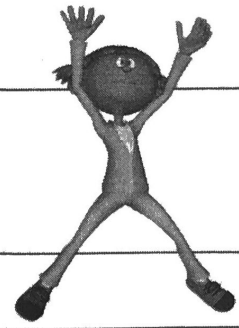


TABATA



1. JUMPING JACKS

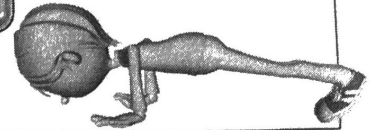


10 SEC REST

20 SEC MOVE



2. PUSH-UPS

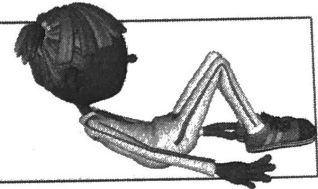


10 SEC REST

20 SEC MOVE



3. CRUNCHES

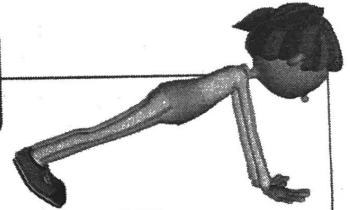


10 SEC REST

20 SEC MOVE



4. BURPEES

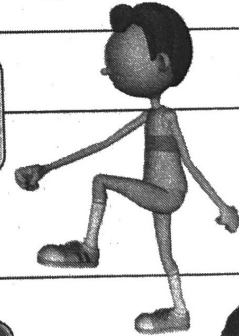


10 SEC REST

20 SEC MOVE



5. HIGH KNEES

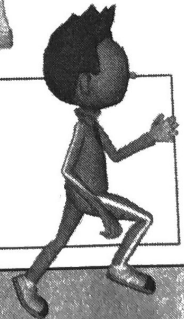


10 SEC REST

20 SEC MOVE



6. JOG IN PLACE



10 SEC REST

20 SEC MOVE



1

HIGH INTENSITY INTERVAL TRAINING

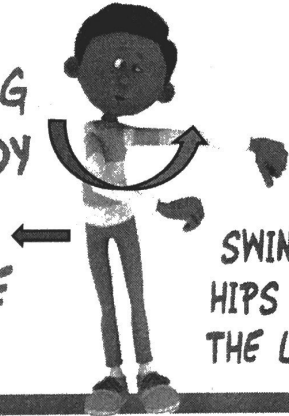
FLOSS DANCE INSTRUCTIONS

S
T
A
R
T



ARMS DOWN
BY SIDES
AND MAKE FISTS

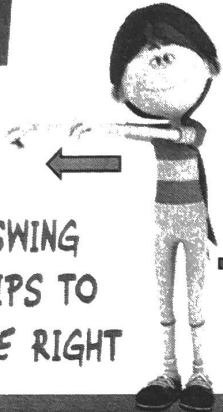
ARMS SWING
ACROSS BODY
TO THE
RIGHT SIDE



4

SWING
HIPS TO
THE LEFT

1



SWING ARMS
UP TO
LEFT SIDE

SWING
HIPS TO
THE RIGHT

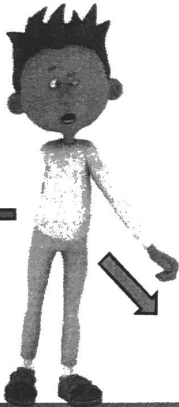
PULL ARMS
BACK DOWN
SHARPLY



5

THRUST
HIPS TO
THE RIGHT

2



PULL ARMS
BACK DOWN
SHARPLY

THRUST
HIPS TO
THE LEFT

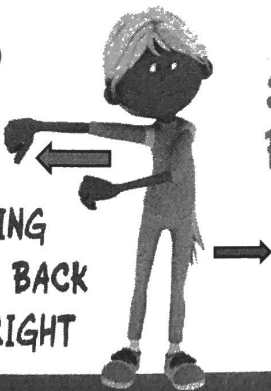
SWING ARMS
BACK UP TO
RIGHT SIDE



6

SWING
HIPS BACK
TO LEFT

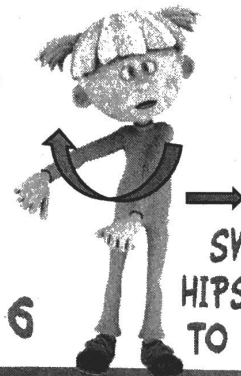
3



SWING ARMS
BACK UP TO
LEFT SIDE

SWING
HIPS BACK
TO RIGHT

ARMS SWING
BACK ACROSS
BODY TO
LEFT SIDE



1

SWING
HIPS BACK
TO RIGHT

REPEAT 1 - 6